



## GROUP FITNESS SCHEDULE: July 2022

Reservations are required. Go to [www.dlccc.org](http://www.dlccc.org), to get your spot, they **open 72 hours prior** to class start and **close one hour before**. Some classes have limited spaces.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	Boot Camp w/Audrey –Fitness Studio		Boot Camp w/Cara –Fitness Studio			
6:05AM	6:00a – Running w/Jess – DLCCC	SwimFit - Pool	6:00a – Running w/Jess - DLCCC		SwimFit – Pool	
8:00AM	Step Fusion – Fitness Studio		Dancin’ Through the Decades – Pool Biking with Tracy - Outside		Rockin’ to the Oldies – Pool	SwimFit at the Lake – Pearl Lake – 7/9 & 7/23
8:30AM		PUMPED – Fitness Studio Silver Sneaker Splash® - Pool	VIIT – Large Fitness Studio		Silver Sneaker Splash® - Pool HIIT – Bandshell	PiYo – Fitness Studio
9:00AM	Aqua Fusion – Pool			Toddler/PreK Yoga – Wellness Studio – 7/21 Kayaking w/Tracy – South Shore Access – 7/14 & 7/28		Silver Sneaker Splash - Pool
9:30AM	CardioBOOM – Fitness Studio	XaLite – Fitness Studio Cycle Boot Camp – Cycling Studio	Yoga Flow w/Kilee – Wellness Studio Silver Sneakers Yoga® – Fitness Studio		PUMPED – Fitness Studio	XaLite – Fitness Studio
10:00AM		Tai Chi Chih® – Bandshell		Tai Chi Chih® – Bandshell		XaBeat – Fitness Studio
10:30AM	Muscle Works – Fitness Studio	Silver Sneaker Classic® - Fitness Studio	Muscle Works – Fitness Studio		Silver Sneaker Classic® - Fitness Studio	Muscle Works – Fitness Studio
11:05AM	Silver Sneakers Yoga® Fitness Studio		CardioBOOM – Fitness Studio			Silver Sneakers Yoga® – Fitness Studio
11:15AM	Yoga Flow w/Nancy H – Bandshell				Yoga Flow w/Nancy – East of Bandshell	
12:00PM		Gentle Flow w/Kristal – Bandshell	Yin/Yang Yoga w/Amy – Bandshell Center Cycling – Cycling Studio		Yoga Flow w/Liz– Bandshell	
4:30PM		Yoga Trapeze – Fitness Studio – 7/5 – Last class for the summer				
5:00PM		NEW TIME! Pumped – Fitness Studio – 7/12				
5:30PM	Center Cycling – Cycling Studio XaBeat – Fitness Studio					
6:00PM	Ashtanga Yoga w/Kristal – City Park Bandshell – 7/25		Vinyasa Yoga w/Jess – City Park Bandshell		Yoga at the Mountain w/Leigh – Detroit Mountain	

## Group Fitness Class Participant Information:

- All class spots require a reservation at least 1 hour prior to class start, but no more than 72 hours in advance. Please commit to your reservation. We understand that life happens, if you need to cancel please do so 12 hours before so someone can have the open spot.
- KidsZone is available, please check with the front desk for openings.
- Do not come to class if you are not feeling well or are experiencing any symptoms that may be related to COVID-19.
- For the large fitness room please enter through the main door and please do not congregate at the entrance.
- **Bring your own water bottle, mat, towel or blanket for floor work.**
- Sanitize hands when entering and when exiting room.
- After class please wipe down any equipment and floor space that you used.

## CLASS DESCRIPTIONS

**Aqua Fusion**-This shallow water fitness class allows participants to take advantage of a great cardio workout with minimum impact on joints.

**Ashtanga Yoga**- A 90-minute sequence – going through the Ashtanga primary series to begin and perhaps add some of the intermediary series throughout. Meant more for people somewhat familiar with yoga basic movements, but beginners always welcome. Will take place once a month during the summer. – June 27, July 25, & August 29.

**Biking with Tracy** - Join Tracy on a weekly outdoor adventure depending on the season! During the summer months we are going for bike rides. Get outside and enjoy the fresh air. Make sure to dress for the weather, bring your own water, and a snack just in case.

**Boot Camp**-Join Cara or Audrey for a great start to your day make it as intense as you want or need. You will be amazed at how much energy you will have when you leave! If you are not a 24/7 member, Cara will let you in for the class only. 45-minute class.

**CardioBOOM!** -This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. 40-minute class.

**Center Cycling:** A 45-minute class using indoor spin bikes for a high-energy, calorie-burning, cardiovascular workout. Wednesday, noon class is a 30 minute class.

**Cycle Boot Camp** – Great mix of cardio and strength to keep your heart pumping and sweat pouring while on and off the bike throughout the class. – 45 min

**Dancin' Through the Decades** – Join Nancy in the pool as you dance, sing, shake, hop and jive to music from all of the decades we love!!! No dance experience needed & all levels welcome.

**Gentle Flow**-A 45-minute class that will move you through postures (asanas) to improve flexibility, range of motion, and to calm and settle the chatter in your head. Find your breath (pranayama) and the sense of peace that can come from a regular yoga practice. All levels welcome.

**HIIT (45min) - (High Intensity Interval Training)** Short intense bursts of activity means you'll carry on burning calories long after your workout. Any level welcome, modifications are always an option.

**iRestore**-A feel good, active recovery workout. Combines breathe work and self-massage with holistic stretching to minimize muscle soreness, relieve joint stiffness and improve flexibility.

**Kayaking with Tracy** – Grab your kayak or paddle board and meet Tracy at the South Shore Dr. public access. Coast Guard approved Life Jackets **are required**. 75 mins

**Muscle Works**-This class is designed to work all muscle groups. You will learn to use a variety of equipment and proper form.

**PiYo:** Love the benefits of Pilates and Yoga, but are crunched for time? Try PiYo! 45-minutes

**PUMPED:** Use your own body weight and free weights to build all over strength. Go all out or modify, it's your workout!! 45-minute class.

**Rockin' to the Oldies**-Come join Melia and make a splash! Enjoy that classic Rock n Roll music while burning those calories.

**Running w/Jess – What:** A running group that meets to run in the glorious morning sunshine with other runners. **When:** Monday and Wednesday mornings at 6am...we meet at 6am, but how long you run is up to you! **Where:** Meet at DLCCC, discuss our morning route, and head out from there

**SilverSneakers® Classic**-Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. 45-minute class.

**SilverSneakers® Splash**-Fun shallow water movements to improve agility & flexibility while addressing cardiovascular, strength, and endurance.

**SilverSneakers® Yoga**-Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.

**Step Fusion:** Fun cardio step class along with some weights and finishing up with a great “mind/body” cooldown.

**SwimFit**-Join Tracy, USMS certified, for a great swim workout. The group will train to build endurance, strength and improve technique in competitive swim strokes. Geared for adult swimmers, please bring goggles, towels, and water bottle.

**SwimFit at the Lake** – Join Tracy for some true triathlon training out at Pearl Lake twice a month during the summer. Bring water, towel, goggles. Be dressed ready to swim. Once you register Tracy will give you the location of where they start and end the swim.

**Tai Chi Chih®**-Series of 19 movements that together make up a meditative form to reduce stress and improve circulating chi (energy).

**Toddler/PreK Yoga** – Meet once a month with your toddler/preschooler and practice yoga together with Kilee. June 16, July 21, and August 18.

**VIIT: Variable Intensity Interval Training** – This multi-level class offers high (cardio), medium (strength), and low (recovery) intensity intervals for a well-rounded workout for any fitness level. 45-minute class.

**Vinyasa Yoga**-A flowing yoga class that synchronizes movement and breath. Sun salutations and a good warm-up will warm the body for a class that will be different every time. Leave class feeling light, relaxed, and strong

**XaBeat/XaLite** -Dance fitness program that provides high intensity cardio and toning in a fun environment where anyone can participate. No experience necessary. 45-minute class

**Yin/Yang Yoga** – This class is a delightful mix of **Yin** (*slower, passive*) and **Yang** (*gentle, energetic*) poses, bringing balance to the mind and body.

**Yoga at the Mountain** - Join Leigh out at Detroit Mountain for a yoga flow class with a great view. Bring your own mat, water, and towel. Meet at the ski lodge for instruction of where the class will be.

**Yoga Flow** -Learn proper form and breathing techniques to improve flexibility and relaxation. Prior yoga experience recommended.